

CLAIMS

Therefore, having thus described the invention, at least the following is claimed:

- 1 1. A golf swing training club comprising:
2 a shaft; and
3 a weight coupled to the shaft, wherein the weight slides along the shaft during a
4 golf swing.
- 1 2. The club as defined in claim 1 further comprising:
2 a release mechanism connected to the shaft, for holding and releasing the weight
3 when a centrifugal force is applied to the club.
- 1 3. The club as defined in claim 2, wherein the release mechanism further includes an
2 adjustment member for adjusting the amount of centrifugal force needed to release the
3 weight.
- 1 4. The club as defined in claim 1 further comprising a grip.
- 1 5. The club as defined in claim 4, wherein the grip is molded to provide a correct
2 hand grip.
- 1 6. The club as defined in claim 2, wherein the release mechanism is a spring-loaded
2 device.
- 1 7. The club as defined in claim 1 further comprising a clubhead.
- 1 8 The club as defined in claim 7, wherein the clubhead includes a stopper.
- 1 9. The club as defined in claim 7, wherein the shaft is a weighted shaft.

1 10. The club as defined in claim 7, wherein the weight slides away from the clubhead
2 along the shaft on a backswing and the weight slides back to the clubhead on a
3 downswing.

1 11. The club as defined in claim 7, wherein the weight slides down the shaft and hits
2 the clubhead to provide feedback of a proper or improper swing.

1 12. A method for using a golf swing training club with a shaft, weight, and clubhead
2 comprising the steps of:
3 swinging the club; and
4 causing a weight to slide along the shaft during the golf swing.

1 13. The method as defined in claim 12 further comprising releasing the weight from a
2 release mechanism when a centrifugal force is applied to the club.

1 14. The method as defined in claim 12, further comprising adjusting the release
2 mechanism for increasing or decreasing the amount of centrifugal force needed to release
3 the weight.

1 15. The method as defined in claim 12, including the step of causing the weight to
2 slide along the shaft away from a clubhead on a backswing, and causing the weight to
3 slide along the shaft back to the clubhead on a downswing.

1 16. The method as defined in claim 12, including the step of causing the weight to
2 slide down the shaft and hitting the clubhead to provide feedback of a proper or improper
3 swing.

1 17. The method for operating a golf swing training club comprising the step of:
2 holding a weight via a release mechanism; and
3 releasing the weight from the release mechanism during the downswing.

1 18. The method as defined in claim 17, further comprising adjusting the release
2 mechanism for increasing or decreasing a centrifugal force needed to release the weight
3 during the downswing.